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ACROSS
1 Food
5 Workout venues
9 Craze
12 Drive-
13 Waikiki wingding
14 Exist
15 Hens' housing
16 Deserve
17 Spy novel org.
18 Steven-son villain
19 Pismire
20 Celebrity
21 Spinning stat
23 Ad-dressee
25 Painter's surface
28 Money of India
32 Once more
33 Literary category
34 Adenoid neighbor
36 Menace
37 Goose (Sp.)

DOWN
1 Leave a lasting impres-sion
2 "Hi, sailor!"
3 Walked (on)
4 Boss
5 Glistens
6 Taiwan-ese dollar
7 Joan of Arc, for instance
8 Baltimore news-paper
9 Datum
10 Bocelli show-stopper
11 Cherish-ed
20 Really fast
22 Mass hysteria
24 Should
25 Seuss' hat-wearer
26 Past
27 A
28 Bobbsey twin
29 Compass dir.
30 Geologi-cal period
31 Game, —, match
35 Pakistan city
36 Leggings
39 Un-hearing
40 Lecher-ous look
41 In pre-swan mode
43 Fairy tale preposi-tion
45 Start over
46 Any time now
47 Sibling-less
49 Pigs' digs

Solution time: 27 mins.

P	E	P		A	U	T	O		P	E	S	O	
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B	E	E	N		I	C	E	D		S	E	A	

Yesterday's answer 4-7

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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39	40	41			42	43			44	45	46	47
48					49				50			
51					52				53			
54					55				56			

4-10 CRYPTOQUIP

W I B X E Z D A X O D L F W L R D R Z

O D D B T W N F D E T N H F P X

I D N H X N X H Q P D F D Z , Z D W

Z R Q Q D Z X W J T L L X H F P X J N T A X Z .

Yesterday's Cryptoquip: AT THE EYE DOCTORS' GALA, I RECKON THEY JUST LOUNGE AROUND ALL NIGHT TELLING CORNEA JOKES.

Today's Cryptoquip Clue: Z equals S

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Logan's Run | By Erin Logan



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The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published.

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, please call our managing editor Laura Thacker at 785-532-6556, or email her at news@kstatecollegian.com

kansas state collegian

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4-12 CRYPTOQUIP

F L D W I B L H S W H O T N V D L

L H D S L M V B Z M L H H G

I O B A V K K L P , S L I B I W K K G C W A L B


W N L M G F W P V C Z M L B B V T O .

Yesterday's Cryptoquip: FAMOUS POPULAR SINGER AND SONGWRITER KNOWN FOR HER TIGHTLY RINGED LOCKS OF HAIR: CURLY SIMON.

Today's Cryptoquip Clue: S equals H

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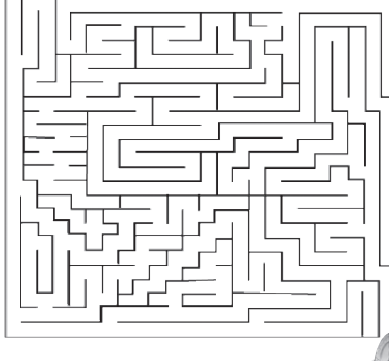



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THE BLOTTER ARREST REPORTS

TUESDAY, JULY 3

Yolanda Mitchell Wither-spoon, of Junction City, was booked for failure to appear. Bond was set at \$2,000.

Gregory Aristidis Haramis, of St. George, Kan., was booked for driving with a canceled, suspended or revoked license. Bond was set at \$1,500.

Tony Gene McDowell Sr., of the 200 block of Fifth Street, was booked for driving with a canceled, suspended or revoked license and no proof of liability insurance. Bond was set at \$3,500.

William Allen McCahan, of the 300 block of Fourth Street, was booked for probation violation. Bond was set at \$1,000.

Denise Lynn Becerra, of Topeka, was booked for failure to appear. Bond was set at \$8,000.

Alexander Dion Boston, of Wichita, was booked for promoting prostitution and driving with a canceled, suspended or revoked license. Bond was set at \$1,000.

Amber Mae Crawford, of Wichita, was booked for prostitution. Bond was set at \$500.

Jeremiah Ray Egbert, of Ogden, was booked for domestic battery and criminal damage to property. Bond was set at \$1,000.

Ernest Richard Hamstra, of the 2100 block of Spruce Place, was booked for criminal damage to property. Bond was set at \$500.

Renea Nicole Hamstra, of the 2100 block of Spruce Place, was booked for domestic battery. Bond was set at \$500.

Jahmell Daniel Voisin, of the 600 block of Fifth Street, was booked for failure to appear. Bond was set at \$311.

WEDNESDAY, JULY 4

Michael Andrew Gigstad, of the 1200 block of Claflin Road,

Michael Edward Tanner, of Clay Center, Kan., was booked for driving with a canceled, suspended or revoked license. Bond was set at \$750.

Crystal Ann Haven, of the 1300 block of Flint Hills Place, was booked for probation violation. Bond was set at \$500.

Jared Scott Ingram, of the 700 block of Kearney Street, was booked for probation violation. Bond was set at \$1,000.

Dustin Edward Luebbe, of the 3000 block of Tuttle Creek Boulevard, was booked for purchase or consumption of alcoholic liquor by a minor. Bond was set at \$2,500.

Joseph Weldon Petty, of Topeka, was booked for domestic battery, criminal damage to property and criminal restraint. Bond was set at \$7,500.


Steven Douglas Meredith, of Ogden, was booked for two counts of probation violation. Bond was set at \$1,500.

BLOTTER | pg. 8

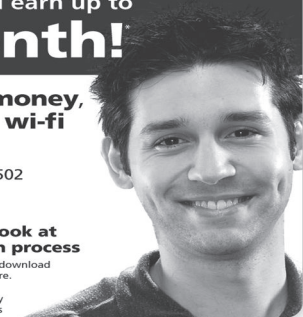
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Thursday
\$1.75 Domestic Draws
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MONEY MATTERS

5 simple ways to improve your professional networking skills



Andy Rao

Human beings tend to be comfortable with the familiar. The fear of the unknown often drives people to make “safe” decisions, regardless of whether the decision is as important as investing money or as trivial as deciding what to eat for lunch.

This penchant to stick to the familiar, however, can play a vital role when it comes to careers and business.

Executives tend to give top-level jobs to employees with whom they have worked. Businesses usually give fat contracts to suppliers that they have worked with before. This phenomenon is

largely a result of effective networking.

We’ve all heard the phrase, “It’s not what you know, it’s who you know.” While this saying might not be completely accurate, it does make a good point: the more people you know, the easier it is to achieve your goals.

As one of my longtime mentors put it, “Learn how to influence influential people.”

Here are five ways to improve your networking skills:

1. Join a diverse set of organizations

As students, you always hear about the importance of getting involved on campus. Picking the right organizations can lead to a well-informed network.

The size of the organizations, their objectives, their members, the nature of their projects are all factors to consider.

The more you can diversify your involvement, the more diverse your network will be. Meeting different kinds of people will not only help you develop personally, but it also tends to lead to a diverse set of opportunities.

2. Never burn any bridges

Often, after people separate, they lose touch with each other completely. Maintaining these connections, however, is extremely important; you never know whose help you may need tomorrow.

One of the main recipes for success in building a network is taking the time to regularly touch base with past and present friends, colleagues, professors and employers.

Even if it comes in the form of a Christmas card or a quick email saying “hi,” the little things matter. It lets

people know that you have not forgotten them, which could make all the difference in the world.

3. Be willing to go the extra mile

Part of networking is getting people to like you. As a student or employee, one of the best ways to make a good impression is to take the initiative to perform beyond expectations.

Whether it is writing an essay for your English class that makes a positive impression on your professor or performing a task at work that exceeds your manager’s expectations, going the extra mile will make a positive impression on those around you.

Doing this not only displays your dedication, but it also distinguishes you from the rest of the people in their lives. Dedication is a conta-

gious trait; people who are inspired by your work are more likely to want to continue to associate with you.

As the old saying goes, actions speak louder than words.

4. Try to be as outgoing as possible

People tend to gravitate toward people who are confident, social and are not afraid to meet new faces.

Improving your networking skills means improving your people skills. If you’re already a people person, use this gift to your advantage. If you struggle in social situations, it is imperative that you develop this quality.

Networking is all about relationships; those who can create strong bonds with the people that they are around on a regular basis are more likely to network successfully.

5. Don’t be afraid to lend a helping hand

Just as you, in your life, will rely on others to get you out of a messy situation, others will look to you to provide the same help.

A big part of networking is interdependence, which involves a give-and-take relationship. If someone asks for help or makes a request, it is in your best interest to aid them if possible.

Every relationship is about support. How much you support those around you will shape how much support that you yourself receive.

Look for ways to make people’s lives a little bit easier, because in the end, what goes around, comes around.

Andy Rao is a junior in finance and accounting. Please send comments to news@kstatecollegian.com.

Student entrepreneur launches graphic design company

Andy Rao
news editor

Lane Porter, senior in graphic design, didn’t plan on one day owning his own business. His sketches were originally just that — figures that he had drawn from his surroundings, observations he made and things that inspired him.

“Before I knew it, though, we were making our T-shirts and thinking of a way to start our own business,” Porter said.

After initially making his apparel designs out of a bathroom blackroom, Porter and his team founded Dripsil Apparel, a graphic apparel design company that focuses on Midwest-related clothing designs.

Dripsil Apparel, which has already received 85 orders in the span of eight days, uses traditionally Midwestern designs and adds a twist to urbanize the look of their clothing.

Porter draws the designs by hand himself and then makes computer assisted edits. The apparel design process, which involves a multi-step system involving screen printing, can be a long and tedious process, Porter said.

“It’s definitely not easy,” he said. “It’s pretty manual. There’s a lot of work behind the whole thing from making the actual design, getting it print off on transparency, to using the right chemicals, to the screen printing.”

Mitch Loring, Dripsil team member and graduate student in regional and community planning, said learning the process and seeing people walking around with the designs on their shirt was extremely fulfilling.

“Finding time for all of the operations was definitely a difficult thing to do because there’s a lot of research involved with running a business,” he said. “But the most rewarding part was, after we got the screen printer, seeing everything just come to life.”

Though Dripsil is a fledgling



courtesy photo

Edwin Madrigal, senior in business administration, and **Renata Dill**, senior in elementary education at Baker University, pose for a Dripsil Apparel photoshoot in Manhattan. The student owned company focuses on designing Midwestern and Native American-themed apparel.

business, Porter and company have successfully reached out and partnered with three up-and-coming rappers and have worked with subsidiaries of Sporting KC, a Major League Soccer team located in Kansas City, Kan.

The orders have also been diverse in terms of locations; Porter said he has already received orders from other states like Washington and New Hampshire.

“It was crazy seeing orders come in from places like New Hampshire,” he said. “I mean, I don’t even know how that happened.”

As a student entrepreneur,

Porter and his teammates faced several challenges when starting his enterprise. Initial costs were quite high, he said, which was a hurdle as a college student with limited income.

In addition, scheduling was difficult. Along with his classes and his business, Porter also runs track.

“Running a business is not for everybody,” he said. “You have to know when to work hard and when to take some time for yourself.”

Dripsil team members agreed on a price point of \$18 per shirt, which factored in the costs of supplies and operation to make a moderate profit. Ten

percent of all profits go to charities helping kids from inner city schools attend college.

“Our mission statement is ‘Make Art, Build Community, Give Back,’” Porter said. “That’s why we want to stay involved in the community and make sure that we do our part for others as well.”

Porter attributed his fast start to much of his team. Without them, he said, operating a successful business would have been impossible.

“Having such a great team lets me focus on my designs,” Porter said. “It would have been impossible to do what we have done so far without ev-

erybody on board.”

Loring agreed, saying that part of an entrepreneur’s recipe to success is finding a well-rounded team.

“Oh, absolutely, it’s extremely important to surround yourself with people who have diverse skill sets,” Loring said. “If each of us tried to do everything, things definitely would not run smoothly.”

Although the company was just launched online on July 2, Porter said he eventually hopes to expand Dripsil’s product line. The team is hoping to introduce tank tops as well as winter clothing such as sweat-ers or cardigans.

Porter stressed that although the company has experienced initial success, he knows that he and his team will continue to look for ways to improve.

“There’s always things that we can do better,” he said. “Even if it’s little things. The designs can get better, the screen printing can get better, the packaging can be improved and even delivery and operations in general can get better. We have to always ask ourselves, ‘How can we improve what we have?’”

To check out Dripsil Apparel’s designs and to place orders, visit dripsilapparel.bigcartel.com.

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Spanking different from abuse; unruly kids need discipline



Karen Ingram

I have known many people who were abused, and I see examples of it in public places more often than I care to admit, but I think there is a clear difference between spanking a child and abusing them. Lately, however, there are more and more people saying that spanking is emotionally damaging to children. So it was with great interest that I read a July 2 press release by the American Academy of Pediatrics that said spanking has been linked to mental illness in people when they grow up.

According to the release, researchers found 2 to 7 percent of mental disorders were attributable to "harsh physical punishment," which included "pushing, grabbing, shoving, slapping or hitting." Therefore, they concluded that spanking is bad for children.

Wait, what? In what universe is "pushing, grabbing, shoving, slapping or hitting" the same as a spanking? There is a heck of a difference between beating a child and giving a kid a swat on the butt when he or she won't respond to verbal discipline.

I was spanked as a child by my parents. Not very often, and I don't think they ever spanked me beyond the age of about 6 (because by then I'd learned to settle down — at least until I hit puberty, but that's another story.) They never shoved me, grabbed me, hit me with a fist or spanked me with anything like a belt — just a regular old spanking. I don't think there's anything wrong with that, because sometimes verbal warnings do not work. Kids don't always like to listen. I remember this well.

For example, I went through a

phase when I was about 4 or 5 years old when I would bite people when I was angry. After a stern verbal warning or two, I decided not to listen and chomped on my sister's arm. Dad put me over his knee and gave me one smack on the bottom. Just one. He then repeated the verbal warning he'd given me before — "Don't ever bite people" — and I never did it again.

To say that people should not spank their kids because punching them makes them depressed is like saying you shouldn't put a dog on a leash because pulling its ears hurts. It's apples and oranges.

I've seen what happens to people who never spank their kids. Their kids turn into hellions because they do not see their parents as figures of discipline and they can get away with anything if they just scream long enough. These are the brats you see in supermarkets who scream and hit or kick their mom while the "discipline" given to them consists of patiently repeating, "Don't hit mommy. Mommy doesn't like that. Please don't. I said please don't. Please stop hitting Mommy. Please stop. Please stop."

Should you slap your kid? Of course not. As I said, there is a world of difference between the "harsh physical punishment" described in the study and spanking. Shoving, yanking on an arm, using a fist, or slapping a child anywhere on the body other than the butt is highly traumatic; I'm not arguing with that.

But a slap on the backside does not even hurt unless you wind up like a major league pitcher. Ask your boy/girl-friend/spouse/roommate/mailman to give you a

slap on the backside if you've never had one before. See? It doesn't hurt. It just sounds loud.

It's more about startling the kid than actually causing physical discomfort. Sometimes that's the only way to snap them out of it if they're being especially bad and won't stop. Like I said, I remember being on the receiving end and it did not traumatize me. It disciplined me.

To the researchers who did this study: learn the difference between a spanking and abuse.

To the parents out there who actually abuse their kids: stop it.

To the parents who refuse to spank their kids: you might consider trying it before you snap one day and murder their hamster.

Karen Ingram is a senior in English. Please send comments to opinion@kstatecollegian.com.



Illustration by Yosuke

Govt. funding can solve veteran homelessness



Andy Rao

In light of the recent Independence Day celebrations, the topics of freedom and patriotism have been on my mind lately. I have lived in five different countries before, but none of them held the promises of equality, freedom, individualism and justice that the United States has.

That said, there are still numerous social issues that have caused me to question if our system can be more effective. In the midst of the economic instability, new health care laws and the upcoming presidential election, one issue remains under the radar: homelessness among war veterans.

According to a July 26, 2011, article in USA Today by Gregg Zoroya, there were 135,000 homeless veterans as of 2011. Although that number has shrunk from 400,000 in 2004, this number remains grossly high.

The heroes that we sent overseas to defend our country, the same soldiers who willingly risked their lives so that you and I can sleep soundly at night, are being unashamedly overlooked.

Organizations such as the Department of Veterans Affairs and Veterans of Foreign Wars of the United States exist solely

to try and meet the needs of veterans. Many of these soldiers require mental, psychological and physical therapy to recover from serious war afflictions and a range of injuries.

One solution is to use government and tax dollars to help war veterans not only get proper treatment for physical and psychological trauma, but also assist them in finding employment to ensure they don't end up living on the streets.

The government, however, should not be the catalyst of this change. The bureaucracy in the government renders it largely ineffective; the main benefit of the government lies in its ability to raise funds.

The power to truly change social issues such as these lies in grassroots movements. The local level must act, whether it is in the form of employment agencies or institutions such as churches, to help our veterans find shelter and employment.

Benefits, such as the G.I. Bill, give veterans the incentive to receive an education, but more needs to be done.

In essence, it is a cultural issue. For some odd reason, we honor the troops when they are fighting in Iraq, Afghanistan and whatever other place we need them to be. But when they return home, they are neglected.

Readjusting to civilian life can be difficult, and it is each of our responsibility to make our

heroes feel at home once again.

It would be inhumanity of the worst kind if we do not do something to fix these issues. There is no reason that this many United States war veterans should be homeless.

Veterans who braved the terrors of war to defend their home should be rewarded, not ignored.

If we can agree to pay lifelong benefits packages for politicians in Washington, D.C., why can we not make a pledge to support those who have laid their lives on line for us? Is this the justice and equality that America promises?

To veterans every-

where, I salute you. I salute the sacrifices you have made so that I could live in a free country. I salute the injuries that you have sustained so that ordinary people like me won't have to.

Thank you for the Independence Day that I had the privilege to celebrate. Here's to you all one day being able to return to your home to the post-war life you deserve.

Andy Rao is a junior in finance and accounting. Please send comments to opinion@kstatecollegian.com.

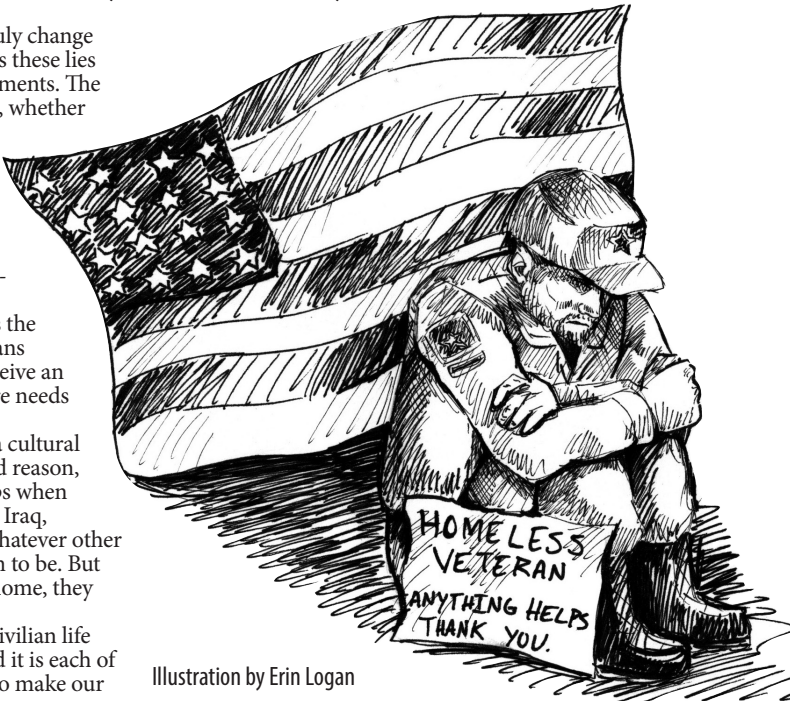


Illustration by Erin Logan

STREET TALK

What is your favorite part of the Olympics?

"The track and field events. Especially this year, the high jump will be one of them because of Erik Kynard."

Connor Kring
junior, psychology

"The marathon because it's kind of challenging. Running for long distances, you know the people who do that have a good will."

Hussam Alghamdi
junior, electrical engineering

"Swimming, but if it was the Winter Olympics it would be figure skating."

Rebecca Bohner
pre-health adviser

"I love the gymnastics because I am amazed by their flexibility and strength. Their passion, all the time that they've taken, you can tell they've done that to perfect what they do."

Sarah Stone
senior, interior marketing

"On my honeymoon, we went to Oregon and the track and field tryouts were going on, and that was pretty cool. But there were a lot of sad, dejected non-Olympians just eating at McDonald's and that was sad."

Carmen Schober
junior, English

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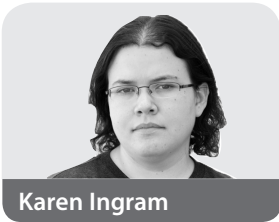
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CREDIT UNION

Strange connections link two Olympians from Elkhart, Kan.



I was very interested in last week's Collegian article about Erik Kynard Jr. and Jeffrey Julmis, K-Staters who will be competing in the summer Olympic Games in London. According to a July 6 letter from Athletic Director John Currie, Kynard is one of three high jumpers representing the U.S. — all three of which have been trained by Coach Cliff Rovelto. It inspired me to read more about the Olympic athletes from K-State and from the state of Kansas.

If you're going to talk about Olympians from Kansas, you have to talk about the town of Elkhart, Kan. This small town of just over 2,000 people has borne two Olympians: Thane Baker and Glenn Cunningham. But the coincidences don't stop at their hometown: both men won Olympic medals for running, both have connections with Jesse Owens and both

men overcame catastrophic childhood leg injuries that should have debilitated them and prevented them from running at all, let alone competitively.

Thane Baker was born in Elkhart in 1931. He won a silver medal for the 200-meter race in the 1952 games in Helsinki. In 1956, he went to the Olympic Games in Melbourne, Australia, and won three medals — a bronze for the 200 meters, a silver for the 100 meters and a gold for the 4x100-meter relay. This is an impressive feat for any man, but what interested me most about his story was how he overcame a terrible injury to become a world class athlete.

While he was in high school, Baker had an accident while pulling nails out of lumber. The head of a nail broke off and embedded itself in his knee. The doctors told him that to remove the metal would permanently cripple him because it would require cutting ligaments and tendons in the knee, so it was decided to leave it in. The injury, however, caused his legs to grow unevenly. For the rest of his life, his left leg was shorter.

While still in high school, Baker took up running.

Rather than hinder him, though, Baker believed his shorter left leg gave him an advantage on the curve of the track. While at K-State — which was called Kansas State College at the time — he won the NCAA championship in the 220 yards, was a four-time All-American and held several world records in running, including tying the legendary Jesse Owens' 100-meter record of 10.2 seconds.

And here is where we find yet another connection between Thane Baker and Glenn Cunningham: Cunningham was Jesse Owens' roommate at the 1936 Olympic Games in Berlin.

Cunningham was born in 1909 in Atlanta, Kan., but was raised in Elkhart. Like Baker, Cunningham suffered a terrible childhood injury to his legs; in this case, a gas explosion that burned his legs so badly he lost all of the toes on his left foot and the doctors nearly had to amputate his legs altogether. Two years after the accident, around 1919, he was able to walk again. Then he started running.

In 1932, roughly 15 years after the accident, Cunningham competed in the Olympic Games in Los Angeles, taking fourth place

in the 1,500-meter race. Four years later, he went to the Olympics in Berlin. He was voted "Most Popular" by his fellow Olympians while on the ship to Germany, just beating Jesse Owens. At the Olympics, the two ended up becoming roommates and friends. Owens won four gold medals at the Games (much to the chagrin of Hitler and his Nazi cronies), while Cunningham took home a silver medal for the 1,500-meter race.

An interesting side note — you can say a lot about Nazi Germany, but there are two things the Olympic Games owe to the Germans as a direct result of the 1936 Games: the Olympic Village and the Olympic Torch Relay.

While the modern-day Olympic Games have been a tradition since 1896, there was no Olympic Village or torch relay until the Germans decided to show off. I don't think I can quite muster a "thank you," but I will concede that watching the Torch Relay was always one of my favorite parts of the Games when I was a kid.



Olympic medalist **Glenn Cunningham** was known as "The Elkhart Express," "The Iron Horse of Kansas" and "The Kansas Flyer."



Left: Thane Baker accepts the Big 7 trophy for the 100-yard dash, circa 1953. Baker has won the most Olympic medals of any Wildcat in K-State history, winning a silver in 1952, and a bronze, a silver and a gold in the 1956 Olympic Games.

Right: Determined to impress the world with their power, Nazi Germany provided many modern wonders for Olympians when they hosted the 1936 games in Berlin, including showers, ice machines, and the first ever Olympic torch relay. Glenn Cunningham became roommates and friends with legendary Olympian Jesse Owens at the 1936 Games.



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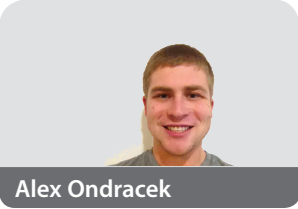
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5 ways to stay healthy, in shape during summer months



Summer is the time to get fit and be active. All the winter blues are gone, but it's still hard to get in shape and stay in shape. Several students take classes all day, work full-time or are just downright lazy. It is easy to understand why people can become lazy by just stepping outside; the heat is often blistering.

It is important, however, to get out there and keep your body active while we have the nice weather.

Here are five easy ways to stay healthy over these summer months:

1. Exercise

This may seem like the biggest no-brainer answer there is, but

sadly for many people, it's easier said than done.

Be glad it isn't 15 degrees and you don't have to wear four jackets just to get warm. Use the weather to your advantage, as there are so many more physical activities you can do outside.

"I have been having a pretty busy summer," said Lyndzee Rhine, junior in biology. "I don't get much time to exercise, so I try to make a point of running or walking to class when I can."

Running, biking, playing sports, tossing around a Frisbee, swimming or even golfing are just a few other things that can be done outside while still getting some exercising in.

2. Eat fruit

One of the biggest problems that our society currently faces is our source of sugar intake. It used to be that whenever we wanted to satisfy our sweet tooth, we would get our sugar naturally from fruit. Nowadays, when we get a sugar craving we have all these processed foods that are completely

loaded with sugar, but unlike fruit, don't have benefits like the extra vitamins and minerals. Summer is one of the best times to utilize the amount of fresh, seasonal fruits available to you. Some of the best in season now are blueberries — which are excellent for small snacks — blackberries, plums, apricots, apples, cherries, figs, melons, peaches, raspberries and strawberries.

3. Socialize

Your mental health is just as important as taking care of your body. When summer comes along, many students leave the city and go to their respective hometowns. Whether it is for work or just a place to live, many of us have lost our nearby proximity to our closest friends. This doesn't mean that you should just power through TV shows, movies and video games until they get back. That sort of behavior very easily gives way into depression, social anxiety and loss of self-esteem. We are humans, creatures that are meant to be social.

Make it a point to get out there and be around people. Hang out with classmates who you may not be the closest friends with; you will probably find new relationships within them. If you literally have nowhere to turn to, then go somewhere with other people there. Simply being around other humans can help prevent mental ailments.

4. Sharpen your mental skills

According to a July 27, 2011, New York Times article by Jeff Smink, students experience significant learning loss during the summer, especially if they do not vigilantly keep their minds active. The same article states that for many students, the learning loss can be over a month's worth of material.

There are ways of saving that knowledge, though. Instead of just letting your mind waste away, do things to stimulate the brain.

"I recently bought a Kindle, so I have been reading more this summer," said Anthony Ross,

sophomore in computer engineering. "I also have picked up a new hobby and have built a few models."

Doing things like reading or building models can prevent that loss of knowledge by making sure the brain is continually fine-tuned. Puzzles are another good way to help your brain retain that expensive college education. Your brain is just like a car; if you don't keep everything in great shape, you might start losing parts.

5. Hydrate

This is another one that seems completely obvious, but it is probably forgotten the most. Most people already don't drink as much water as they should a day. When you add this to the hot summer sun, it isn't a pleasant combination.

Dehydration is not only lacking water from the body's system, but another form of dehydration is lacking electrolytes. Electrolytes are critical in neural transmissions and muscle movements. A few electrolytes are sodium,

potassium, calcium and magnesium; there are plenty of others though. It is essential to not only drink plenty of water, but to also make sure you get these electrolytes to maintain a proper functioning system.

Now that you have some ideas on how to stay healthy, the rest comes down to personal motivation. Motivation comes in many flavors that range from wanting to raise one's self-esteem to trying to stay fit.

"Strangely enough, after watching 'Wall-E' and seeing what happened to those humans, I have used that as my motivation to eat healthy and exercise because I don't want to get like that," said Ben Ketter, junior in ecology.

Whatever your motivation may be, hold onto it and use it; it is too easy to slip into a lazy lifestyle. Make the most out of your summer and enjoy every second of the weather before it slips away.

Alex Ondracek is a junior in biology. Please send comments to news@kstatecollegian.com.

Students, nutritionists weigh convenience of ramen vs. health

Karen Ingram
edge editor/online editor

A student comes home late, tired and hungry. Perhaps the fridge contains only ketchup and soy sauce. Perhaps there are dirty dishes in the sink that would make cooking take longer. The go-to option for many people short on time and money is ramen noodles.

Haley Winter, sophomore in secondary education, said cost is a huge factor in purchasing ramen. The noodles are cheap, they store well and they cook quickly, which makes them ideal for students.

"They taste good enough for the price, but if I had a choice, I would not eat them daily," Winter said.

Few would argue that ramen is one of the healthiest food choices, but a recent viral video is raising questions for many about just how healthy — or unhealthy — ramen really is.

The YouTube video, titled "2011 TEDxManhattan Fellow: Artist Stefani Bardin," features footage of ramen noodles, Gatorade and gummy bears being digested, courtesy of a tiny, pill-shaped camera that follows the food through the digestive track.

This footage is accompanied by footage of the digestion of a comparable "whole foods" meal: homemade noodles, all-fruit gummy bears and hibiscus tea.

The video shows how the whole foods break down more quickly, while the ramen noodles take much longer. It also shows

how the artificial colors in Gatorade take longer to break down, causing the "processed foods" meal to be tinged green in the subject's stomach, while narrator Stefani Bardin explains how various ingredients in the processed foods are made from unusual, non-food sources, such as petroleum and butane.

Bardin, a teacher in New York, made the video with Dr. Braden Kuo, director of the GI motility laboratory at Massachusetts General Hospital at Harvard University. Their video has earned more than 1.7 million views on YouTube as of July 9.

The video has also created a debate among viewers. Of the hundreds of commenters, some swear never to eat ramen again, while others claim they cannot see what the problem is.

Mark Haub, associate professor of human nutrition and interim head of Kansas State's department of human nutrition in the College of Human Ecology, said he had doubts about the video. One issue that caught his attention was how it was heavily biased. Instead of merely presenting facts, Bardin goes out of her way to bash ramen noodles and praise "whole foods."

"Top Ramen is made to survive Armageddon," Bardin said in the video. "Our homemade noodles are made to be eaten."

Haub said he also believed the facts about ramen were taken out of context because they were not taken into account with what other foods the subjects eat for other meals and on other days.

Eating ramen occasionally does not hurt people in the long run, Haub said; human beings are more adaptable than that.

"If you're a whole foods person, you're going to say processed food is bad," Haub said. "Saying something is healthy or unhealthy, taken out of the context of everything they eat, can be misleading."

Haub also questioned the science behind the video, which only contains two test subjects. Dr. Kuo, who assisted in making the video, appears to agree with Haub on this point. In a June 23 USA Today article, Dr. Kuo stated there were not enough test subjects involved in the project to form conclusive results.

For students who still want a quick, cheap meal, Haub suggested adding fresh food to the noodles to make them healthier, such as vegetables or meat. The same holds true for any meal, Haub said. As he pointed out, even broccoli with cheese is healthier than no broccoli at all.

Jose Munoz, senior in finance and accounting, said he does not think ramen is terribly unhealthy unless it contained trans fat, as long as it is eaten in moderation.

"If you eat it all the time, three times a day, you have a problem," Munoz said.

Munoz said he prefers to cook it over the stove and add potatoes, meat or vegetables to it.

"I don't eat them plain like most college students," he said. "I'm very picky when I make my noodles."

Karen Hanson, registered di-

etitian at Hy-Vee, said students frequently ask for advice on how to shop for healthy food on a budget. Ramen, she said, did not have to be the only meal option to save on time and money.

"There are other alternatives," Hanson said. "I think planning a menu is critical."

A frequent mistake shoppers make is to come to the store without a plan, Hanson said, so they end up with odd items that do not make up any actual meal. Hanson instead suggested that students sit down and plan out meals for the entire week and base their shopping list on that plan. This saves money, time at the store and helps to combat impulse shopping, she said.

Another option is to make larger meals and freeze some to use later in the week, Hanson said. Meals like casseroles and Crock Pot soups are easy to make in large batches. The same can be done when purchasing items like a rotisserie chicken. Leftovers can be used for anything from soup to salad to wraps. Leftovers are a great option for people who do not have time to cook every night.

Finally, Hanson suggested keeping track of sales at the store and couponing. Checking for upcoming sales can help to plan meals in advance and purchase healthier foods on a budget. Relying on unhealthy food too frequently can hurt more than help in the long run.

"You can save money on food," she said. "But you're going to have a higher doctor's bill."



Hannah Hunsinger | Collegian

Dalia Camacho, sophomore in chemistry, gives a final stir to her beef ramen in the kitchen of Moore Hall on Sunday evening. Ramen noodles are a cheap and easy meal option which many students resort to despite its possible detrimental health effects.

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BLOTTER | Arrest reports

Continued from page 2

Francisco David Miranda, of the 3200 block of Canterbury Street, was booked for driving under the influence. Bond was set at \$750.

Brandy Nicole Casey, of Ogden, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$750.

Dennis Eugene Watts Jr., of the 800 block of Allison Avenue was booked for two counts of probation violation. Bond was set at \$3,250.

Keith William Blasing, of the 800 block of Vattier Street, was booked for three counts of failure to appear. Bond was set at \$7,500.

FRIDAY, JULY 6

Andres Romero Jr., of Junction City, was booked for driving with a canceled, suspended or revoked license and habitual violation. Bond was set at \$2,500.

Audeliz Joseph Lebron, of Fort Riley, was booked for criminal damage to property. Bond was set at \$750.

Michael Allen Russell, of the

800 block of Vattier Street, was booked for misdemeanor theft, obstructing the legal process and criminal possession of a firearm. Bond was set at \$4,000.

Casey Dow Lindley, of Ogden, was booked for fleeing or attempting to elude, driving with a canceled, suspended or revoked license and habitual violation. Bond was set at \$5,000.

Kristina Dawn Harrison, of Wamego, was booked for obstructing apprehension or prosecution. Bond was set at \$2,000.

Paul David Mann, of the 400 block of Warner Park Road, was booked for probation violation. Bond was set at \$1,000.

Natalie Rae Nicole Chatfield, of the 300 block of 11th Street, was booked for misdemeanor theft. Bond was set at \$1,500.

Kurt Anton Miranda, of the 2400 block of Anderson Avenue, was booked for unlawful possession of hallucinogens and use or possession of paraphernalia to introduce into the human body. Bond was set at \$1,500.

Fernando Diaz, of Topeka, was booked for no driver's license. Bond was set at \$500.

Dennis Eugene Watts Jr., of the 800 block of Allison Avenue, was booked for burglary and obstructing the legal process. Bond was set at \$1,500.

Derek Cole Brown, of the 1000 block of Bertrand Street, was booked for unlawful possession of hallucinogens and driving under the influence. Bond was set at \$2,500.

Barbara Lynn Kelly, of Ellsworth, Kan., was booked for probation violation. Bond was set at \$1,000.

Dany Robert Kravitz Jr., of the 2100 block of Patricia Place, was booked for failure to appear. Bond was set at \$1,500.

SATURDAY, JULY 7

Sean Michael Kelly, of the 4400 block of Tuttle Creek Boulevard, was booked for disorderly conduct. Bond was set at \$750.

Carlos Federico Celaya Zavala, of the 2200 block of College Ave., was booked for disorderly conduct. Bond was set at \$750.

Thomas Lowell Bruno, of the 6200 block of Partridge Lane, was booked for two counts of failure to appear. Bond was set

at \$238.
Andrew Godoy, of Fort Riley, was booked for driving under the influence. Bond was set at \$750.

Bebe Solstice Lopez, of the 800 block of Moro Street, was booked for probation violation. Bond was set at \$1,500.

SUNDAY, JULY 8

Kara Renee Ramseyer, of the 1400 block of Hartman Place, was booked for disorderly conduct. Bond was set at \$750.

Steve Victor Rompa, of Junction City, was booked for driving under the influence. Bond was set at \$750.

Bruce Eugene Jones II, of Killeen, Texas, was booked for driving under the influence. Bond was set at \$750.

Seida Dema McCarthy, of the 1400 block of Hartman Place, was booked for failure to appear. Bond was set at \$30.

Anthony Rocco Conforti, of the 600 block of Goodrich Drive, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$1,500.

Compiled by Laura Thacker

NEWS | Jazz festival, 'Peanuts' musical coming soon to area

Continued from page 1

Another structure fire at Dondee Drive on July 3 resulted in approximately \$35,000 in damage.

City Park to host Little Apple Jazz Festival on Saturday

The eighth annual Little Apple Jazz Festival will take place at the Larry Norvell Band Shell in City Park on Saturday from 5:30 to about 11 p.m.

The Union Program Council, Midnight Blue Jazz Quintet and the International Association for Jazz Education have partnered to bring this event to Manhattan, which drew more than 2,000 attendees last year.

A variety of performances will be available, including The Young Jazz Masters from Kansas City, The 1st Infantry Division Fort Riley Jazz Combo, Watermelon Slim and more, with Panorama Jazz Band headlining the event.

The Little Apple Jazz Festival is free and open to the public. For more information on times and performers, visit k-state.edu/upcjazz_Festival.html.

Wamego's Columbian Theatre to present 'Charlie Brown' musical

The Columbian Theatre in Wamego will be presenting the musical "You're a Good Man, Charlie Brown," based on the "Peanuts" comic strip. Performances are scheduled for Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m.

Tickets range from \$15 to \$25. For more information or to order tickets, visit columbiantheatre.com or call 800-899-1893.

Salina Symphony releases 2012-13 season schedule

The Salina Symphony has announced their 2012-13 season, "The Power of Music." The season will open on Oct. 7 with award-winning violinist Siwoo Kim's performance titled "The Poetry of Music."

Nov. 4 will feature a showcase titled "Celebrate America" with jazz vocalist Eboni Fondren, and the Christmas Festival Concert will take place on Dec. 15 and 16.

For more information on upcoming performances or to purchase tickets, visit salinasymphony.org or call 785-823-8309. Discounts for students are available.

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Conceptis Sudoku By Dave Green

5	7	1		9		6		
				7	1			9
7	1					5		
		9					4	
			9					1
6	2			3	1			
	4	8		2			6	7
			4					

Difficulty Level ★

7	9	1	3	6	2	8	5	4
2	6	4	8	9	5	1	7	3
3	5	8	4	7	1	2	6	9
9	2	7	6	3	8	5	4	1
5	4	6	1	2	7	3	9	8
1	8	3	9	5	4	7	2	6
8	1	2	7	4	6	9	3	5
4	3	5	2	8	9	6	1	7
6	7	9	5	1	3	4	8	2

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Local Italian bistro hosts liquor tasting, features rum

Dillon Fairchild
staff writer

For most Manhattanites, any mention of bars, drinking and socializing brings Aggieville and its respective bars and restaurants to mind.

However, for those who seek a change of scenery or simply another place to gather and meet friends both new and old, Della Voce, located at 4th Street and Poyntz Avenue, seeks to provide just that.

This Tuesday, the Italian bistro hosted the second in its five-part installment of "Around the World in 20 Bottles," a tasting event covering various liquors and fine dining, and an occasion highly anticipated by its patrons.

"I went to a similar event last year at Della Voce and really enjoyed it," said Jenna Bell, Manhattan resident. "This year, when I saw that they were hosting a similar event, I brought all my friends out."

When asked what made Della Voce her bar of choice, Bell said the restaurant's environment, coupled with the delicious cuisine, make Della Voce a prime location for fine dining.

"The atmosphere and company is great. But the food, pretty much, it makes the menu at Della Voce," she said. "It is delicious."

Tuesday's event focused on rum, pairing four different drinks and entrees in a social tasting event. Caleb Edwards, Della Voce bartender and graduate student in public speaking, opened the event with a brief tutorial on the fine art of liquor tasting.

Once the instructions were

complete, patrons of the Della Voce bar were ready to sample the various drink and meal pairings. The evening's first drink was a frozen mojito. Made from crushed mint leaves, lime juice, sweet and sour, and Bacardi Superior rum, the mojitos provided a light flavor that was paired with conch salad and conch fritters, served with papaya aioli.

The second drink tasted at the event was a mango dill cooler. True to its name, the mango dill cooler was composed of mango, diced dill and tonic anchored by a 7-year-old Flor de Cana rum. These somewhat weaker drinks combined with light coconut shrimp and mango chutney provided an intermission of sorts between the first and the following courses.

Following the coolers, the patrons were treated to Della Voce's interpretation of a Bermuda classic, the Dark & Stormy. This drink combines Edwards' own take on ginger beer with top-shelf Goslings Black Seal rum. The Dark & Stormy, generally considered a stronger drink, was mixed with a course of blue marlin and ginger salsa.

The final round of the tasting event featured, rather than a mixed drink, the chance for eventgoers to sample fine rum as it stands — a 12-year-old Abuelo Gran Reserva. For tasters with more delicate constitutions, a coconut water chaser was provided. This stiff beverage was served alongside adobo pork shank and jicama slaw. After drinks, Della Voce treated patrons to a dessert of coconut rum cupcakes.

Noah Reagan, the owner and manager of Della Voce bar, was every bit as active during the

event as his patrons. Reagan spent much of the night socializing with attendees, suggesting drinks and meals to those customers who were not part of the night's occasion, and even sampling and commenting on the drinks themselves.

Reagan said that every person was not expected to enjoy every drink served during tasting events, but rather experience drinks that they have not tried before.

"The purpose of a tasting event is to push the boundaries and try new and different drink combinations," Reagan said. "Sure, we could pander to established tastes and serve a middle-of-the-road merlot, followed by a middle-of-the-road chardonnay, and at the end of the night everyone would go home having gained nothing from the experience, and we at Della Voce would have failed."

Renee Griffin, one of Della Voce's devoted adherents, said such events as Tuesday's tasting contributed to the atmosphere which made Della Voce her bar of choice in Manhattan.

"When I moved here a year ago, Della Voce was one of the first places that I tried, and I just felt right at home from the start," Griffin said.

Griffin also said that she had first attended one of the Sunday night jazz events — a weekly occurrence at Della Voce — and was surprised by the atmosphere and decor.

"I felt just like I was in New York," she said.

Reagan said Della Voce is unique among the various Manhattan bars.

"I feel as though we have really found a niche in the Manhattan social environment," he said.



photos by Andy Rao | Collegian

ABOVE: Caleb Edwards, bartender at Della Voce Italian Bistro, pours diners a frozen mint mojito on Tuesday night. The evening was part of the "Around the World in 20 Bottles" series and showcased rum, allowing customers to enjoy various drinks throughout the four-course meal.

LEFT: Edwards pours a glass of "Dark and Stormy," a beverage with a base of Gosling's Black Seal-Bermuda rum. The evening also featured seafood courses; this particular mixture was served with jerk marlin and a homemade tropical ginger salsa.

BELOW: Noah Reagan, owner and manager of Della Voce, describes the evening's specials to diners. The restaurant and bar hosted part two of a five-part tasting series on Tuesday night, focusing on rum. The final course of the four-course dinner included a 12-year-old Abuelo Gran Reserva rum, adobo pork shank and jicama slaw.



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